

# Commit to Quit

## Learn to live free of tobacco



If you're ready to let go of your tobacco habit, your State Health Benefit Plan (SHBP) has resources to help you reach your goal. Beginning January 1, 2012, your SHBP has added nicotine replacement therapy prescription drugs to its pharmacy plans for plan members over the age of 18. Your prescriptions for these medications will be covered in accordance to your SHBP pharmacy benefit when you participate in Cigna's telephonic Quit Today Tobacco Cessation Lifestyle Management Program.

### Here's how it works

#### 1. Take your health assessment.

To be eligible for the SHBP Nicotine Replacement Therapy (NRT) program, you must first complete a health assessment on **myCigna.com**. Understanding your health can be the first step toward improvement, and a health assessment is a great way to get started. Your answers to this easy-to-complete questionnaire about your health and well-being will be used to create a personalized report with details about your most important health issues. You'll also be directed to valuable online wellness programs, however in order to have your prescriptions covered under the program you must participate in the **telephonic** Quit Today Tobacco Cessation Lifestyle Management Program.

#### 2. Enroll in Quit Today.

The telephonic Quit Today program can help you develop a personal quit plan to become and remain tobacco free. As part of Cigna's telephonic Quit Today program, you have the option of getting nicotine replacement therapy patch and/or gum, which are available without a prescription at no cost to you. And beginning in 2012, if you're actively participating in the telephonic Quit Today Tobacco Cessation Lifestyle

Management Program, you'll receive a specific list of Tobacco Cessation prescription medications that will be covered in accordance with your SHBP pharmacy benefit plan for one quit attempt and related prescription per member, per plan year, up to a 12-week therapy.

You will be responsible for any additional quit attempts and related prescription costs within that plan year.

**With Quit Today** a dedicated health coach will work with you one-on-one, according to your needs, preferences and motivation, to help you create and follow a personalized plan to stop using tobacco. To enroll:

- Call Cigna at the number on your ID card (800.633.8519 for active members and 800.942.6724 for retirees), choose the prompts for Member Service and advise the representative that you would like to enroll in the Telephonic Quit Today program.
- The representative will complete your initial registration, send you a workbook and toolkit, and schedule your initial assessment with a wellness coach.



- The initial assessment and all subsequent coaching calls are between you and your wellness coach. Coaching sessions range from 20–30 minutes, and reminder calls are made the day before each session.

### When and how do I start getting my Nicotine Replacement prescription?

Once you complete these initial steps, Cigna will update its systems to show you've enrolled in the program. Around the fifth work day of the month following the month you enrolled, an authorization for the NRT prescription will be entered into Cigna's pharmacy system. At this point, you may talk to your doctor and obtain a prescription for the first 30-day supply of the nicotine replacement therapy drug he or she thinks will work best for you (see list of covered prescriptions below). As long as you remain actively engaged in the program, authorizations for subsequent refills will be automatically entered after the first of each month, up to a maximum of a 12-week supply in any one plan year. Any additional tobacco cessation prescriptions will be your responsibility.

The prescriptions are covered under your normal pharmacy benefit, if authorized as described above. Pharmacy benefits vary by plan type, please call the 800 number, choose the Pharmacy option and speak with a pharmacy representative to check your specific

coverage. The representative can also coordinate an earlier authorization in the system, if you need to start your first fill of your prescription sooner

### What Tobacco Cessation prescriptions are covered in the program?

These are the nicotine replacement therapy prescription drugs that are part of the NRT program:

- Nicotrol NS: 10mg/ml spray
- Zyban: 150mg tablet SA
- Nicotrol: 10mg cartridge
- Chantix 0.5 or 1.0 mg tablets, or 0.5mg tablet DS PK

### Who is eligible?

Covered employees, retirees and dependents over age 18 enrolled in the Standard and Wellness OAP-IN, HRA or HDHP plans.

For more information, call the number of your ID card – 800.633.8519 for active members and 800.942.6724 for retirees.



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